



Issue 7 # 19

Shedding Endeavour's

22nd May 2023

Shed is open Mon – Sat 10.00am - 3.00pm



Sick List All good

Members Birthdays in May

15th May	Paul Morris
19th May	Robert Kay
25th May	Jay Khawari

<u>Cleaning Roster</u>			
<u>Today 23th May</u>	<u>Doug Rowley</u>	<u>Tony Rotunno</u>	<u>Tony Brosinsky</u>
<u>Next Week 30rd May</u>	<u>Doug Rowley</u>	<u>Vin Wragg</u>	<u>Peter Wallace</u>





May 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
	<p>A pilot Health Program by City of Casey</p> <p>Tai Chi @ 11.45AM</p> <p>Board, Card Games 12pm</p> <p>Music Group @ Mdday</p>	<p>WALKING WITH NEIL B.</p> <p>10AM @ The Shed</p>	<p>Music Group</p> <p>@12.30pm</p>	<p>Lysterfield Park Walk</p> <p>@11am for 45minutes</p>		
8	9	10	11	12	13	14
	<p>Communication by Brian A.</p> <p>Board, Card Games 12pm</p> <p>Music Group @ Mdday</p>	<p>Photo Club 10am</p>	<p>Music Group</p> <p>@12.30pm</p>	<p>Lysterfield Park Walk</p> <p>@11am for 45minutes</p>	<p>Promotional table @ EHSC</p> <p>As per roster</p> <p>9am - 2pm</p>	<p>Happy Mother's Day!</p>
15	16	17	18	19	20	21
	<p>"My Health Related Experience"</p> <p>Member's Sharing Time : Brian O.</p> <p>Tai Chi @ 11.45AM</p> <p>Music Group @ Mdday</p>	<p>WALKING WITH NEIL B.</p> <p>10AM @ The Shed</p> <p>Committee Meeting @10am</p>	<p>MOTORIST Gembrook</p> <p>Vintage Motoring Museum</p> <p>Leave at 10am- lunch @ Upper Beaconsfield</p> <p>Music Group</p> <p>@12.30pm</p>	<p>Lysterfield Park Walk</p> <p>@11am for 45minutes</p>		
22	23	24	25	26	27	28
	<p>ABBIE LANE</p> <p>Environment Education Officer</p> <p>Sustainability and Waste</p> <p>Tai Chi @ 11.45AM</p> <p>Music Group @ Mdday</p>	<p>Photo Club 10am</p>	<p>Lunch Time Main Chef:</p> <p>Rod, James</p> <p>12.30pm</p> <p>Music Group</p> <p>@12.30pm</p>	<p>Barefoot</p> <p>Bowling 5.30 - 8.30pm</p>		
29	30	31				
	<p>Sir John Monash</p> <p>Presented by Wal</p> <p>Tai Chi @ 11.45AM</p> <p>Music Group @ Mdday</p>					

Changes may occur due to unplanned factors

Vale - Reyes Franco



It is with sadness that we said farewell to our oldest member of the EHMS on Friday. Reyes (Papa) passed away a week earlier on 11th May. Reyes joined the EHMS soon after we moved to the new shed and was a keen observer and loved the exercise classes where he was always the first to arrive.

Last week's Meeting

- Apologies: Stan Ashley, Tony Rotunno and Bob Daly.
- Funeral for Reyes Franco on Friday, Reyes passed away on 11th May.
- EH Shopping Centre table was a success.
- If you have covid please stay away.

- Pop up banner design is underway.
- Gembrook auto museum visit this Thursday.
- Thursday 25th is Moussaka for lunch day.

After the meeting Brian Oates presented on his lifestyle and health.

**Barefoot Bowling at the Dandenong Club on
Friday 28th May
Cost is \$5 payable today to Rodney.**

WORRIED SOMEONE MIGHT BE SUICIDAL?
Contact **Lifeline** for crisis support. If life is in danger, call **000**

Lifeline 13 11 14

Key facts

- Your mental health is an important part of your overall health and wellbeing. You need good mental health to help you get through life's challenges, to have healthy relationships with others and to enjoy life.
- Problems with mental health are common, and not a sign of weakness. It can take courage to admit there's a problem and to reach out for help.
- Your mental health is like your physical health — the earlier you get onto it, the better
- There are many practical things you can do to help support your mental health. Talk to people you trust or seek professional support. There are also online resources to help.

How can I improve my mental health and wellbeing?

Good mental health and wellbeing mean different things to different people. Wellbeing can mean that you are able to enjoy and appreciate other people, your day-to-day life and your environment. When you are mentally healthy you can:

- form positive relationships.
- use your abilities to reach your potential.
- deal with life's challenges

There are practical things you can do to help support your mental health:

- [eat well](#), [get plenty of sleep](#), and [exercise regularly](#)
- spend time with your friends and family.
- talk about how you feel with people you trust
- do activities you enjoy.
- [take time to relax](#), but don't use [alcohol to relax](#)
- talk to your doctor.
- set yourself realistic goals.

"... an Australian farm is set to trial sheep facial recognition technology made by New Zealand-based agricultural technology company NeXtgen Agri. The trial is expected to kick off "within the month" in north-western Victoria. The setup involves a camera, a single-core computer and "five or six different neural networks" that are designed to match ewes with lambs. How BAAA-zarre. Sorry." Gizmodo.

Being Seventy

I was standing at the bar at the RSL one night minding my own business.
This chick came up behind me, grabbed my behind and said, "You're kinda cute. You got a phone number?"
I said, "Yeah, you got a pen?"
She said, "Yeah, I got a pen".
I said, "You better get back in it before the farmer misses you."
Cost me 6 stitches...but,
When you're seventy.....who cares?

I went to the chemist and told the clerk "Give me 3 packets of condoms, please."
Lady Clerk: "Do you need a paper bag with that, sir?"
I said "Nah... She's pretty good looking....."
When you're seventy.....who cares.

I was talking to a young woman in the RSL last night.
She said, "If you lost a few pounds, had a shave and got your hair cut, you'd look all right"
I said, "If I did that, I'd be talking to your friends over there instead of you."
Cost me a fat lip, but...
When you're seventy.....who cares?

I was telling a woman in the Club about my ability to guess what day a woman was born just by feeling her breasts.
"Really" she said, "Go on then.. Try."
After about thirty seconds of fondling she began to lose patience and said, "Come on, what day was I born?"
I said, "Yesterday."
Cost me a kick in the nuts, but...
When you're seventy.....who cares?

I got caught taking a pee in the swimming pool today.
The lifeguard shouted at me so loud, I nearly fell in.
When you're seventy.....who cares?

I went to our RSL last night and saw a big woman dancing on a table.
I said, "Good legs."
The girl giggled and said, "Do you really think so?"
I said, "Definitely! Most tables would have collapsed by now."
Cost me 6 more stitches, but..
When you're seventy.....who cares?



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Endeavour Hills Men's Shed Committees

Program

BBQ

Management

Andras Jakab

Stan Ashley
Neil Evans
Graeme Seymour

Doug Rowley
Howard de Zylva
Paul Morris
John Thornton
Bob Daly

Tony Brosinsky
Hans van Dyk
Laurie Canfield
Peter Wallace
Lauren Gordyn

Working with Children Checks held by:

John Grennan
Geoff Brown
Doug Rowley
Howard de Zylva
Stan Ashley
Paul Morris
Gordon Harris
Peter Wallace
Neil Evans
David Robinson
Tony Brosinsky
Laurens Gordyn
Max Brockbank
Rodney James
Brian Oates

Laurie Canfield
Neil Bennett
Andras Jakab
Harry Hornstra
Brian Ashworth
Hans van Dyk
Robert Kay
Will Beattie
Len Follett
John Thornton
Garrick Williams
Vin Wragg
Graeme Seymour
Peter Spry
Ron Hall

First Aiders.

Trevor Ratcliffe
Paul Morris
Doug Rowley
John Thornton
Brian Ashworth
Neil Bennett
Tony Cannata
Howard de Zylva
Garrick Williams
Stan Ashley
Neil Evans
Laurie Canfield